

## ABSTRACT OF THE DISCLOSURE

An ergonomic microscope (1) and a microscope carrier (2) are disclosed. The microscope encompasses a stand (3) which possesses a stand base (3a) that defines an external contour (3b). The microscope (1) is placed onto the microscope carrier (2). The microscope carrier (2) comprises a body (4) and a left and a right hand rest (6). The left and the right hand rest (6) are attached to the body (4) so as to pivot freely and independently of one another. A height adjustment of the microscope carrier (2) results in a pivoting of the hand rests (6) in such a way that their front edges (6a) rest on the bench surface (50) regardless of the height adjustment.